



EXPLORABLE
Think Outside The Box

Published on *Explorable.com* (<https://explorable.com>)

Remedying Negativity

It has taken a long time to uproot from society the outdated stigma that emotions should not be stressed upon and discussed.

Indeed, it has left its trace, but today we understand how important it is to have an adequate reaction to negative emotions so that we can prevent them from negatively impacting our physical and mental health, as well as our relationships.

Therefore, as long as you are willing to acknowledge pessimism and seek support, you can claim your life back. The sooner you define the problem, the sooner you can start working on it.

The banner features the Explorable logo and the text 'Quiz Time!' in a white, handwritten-style font. Below this, there are three white-bordered thumbnails on an orange background. The first thumbnail shows red roller skates on a wooden deck with the text 'Quiz: Psychology 101 Part 2'. The second shows a fan of colorful pencils with the text 'Quiz: Psychology 101 Part 2'. The third shows a Ferris wheel at sunset with the text 'Quiz: Flags in Europe'. To the right of the thumbnails is a white button with the text 'See all quizzes =>'.

Solutions

There are various solutions and tools for working on your unrealistic pessimism and transforming it into optimism, based on reality. Learning more about your options would help you choose that one that best corresponds to your needs and personality.

Remember that while there are no easy, overnight solutions for dealing with negativity, what is most damaging in the long-term is staying within that negativity, without taking action.

Self-Help

There are many ways to save yourself from yourself, even when you are in the clutches of negativity. If you have the determination and motivation to keep engaging in positive activities,

even when it is difficult or uncomfortable, then self-help may be the right solution for you.

Although you may not be able to regulate your behavior and the inner world too well at the moment, for self-help to be effective, you need to have the desire to do so.

Determination Is Needed

In the next couple of articles, you will find specific techniques, proven to be successful in eradicating the detrimental effects of negativity. However, it is important to remember that self-help is not an easy way out of pessimism. Instead, it is a steep and challenging, yet sure road to success.

Engaging in Positive Activities

Dealing with stress and the uncertainties of life can place a strain on anyone, and so it sometimes too easy to engage in coping strategies that are ineffective and carry long-term negativity. Some examples would be excessive food and alcohol consumption.

Although these behaviors may comfort you in the short term, over longer periods of time they are extremely likely to cause various physical illnesses, as well as psychological challenges, such as diminished self-esteem and depression. Obviously, the latter can fuel a negative outlook on life and your self-perceptions.

What Activities to Choose

That is why it is important to engage in positive activities, such as social outings, art, and sports. All three have several benefits for our overall wellbeing and therefore lead to a more positive mindset.

What is more, physical activity releases hormones in the body, which improve psychological functioning and happiness.

Psychotherapy

There are various types of psychotherapy and psychotherapeutic techniques that can help you understand yourself and your experiences better so that you can curb your negativity.

Two of the most popular and efficient methods are cognitive-behavioral therapy and psychodynamic therapy. Both have been shown to have tremendous results in helping people to lead happier and more fulfilled lives.

Improving Your Social Life

Another type of psychotherapy that many find useful is interpersonal therapy. It places a stronger emphasis on the individual's interaction with their environment, relationships with friends, colleagues, and family. One of the key goals of this therapy is to improve communication skills and make them more efficient.

Having the ability to build and maintain quality relationships with others is crucial since studies show that social support is one of the most significant contributors to well-being positivity.

There Is Always a Way

Sometimes it may seem as though the world is a dark place and you are always the one that negative things happen to. However, it is important to remember that you weren't born this way, this is not an inevitable part of your genetic make-up, and you don't have to keep living in the grip of negativity.

Whichever of the approaches listed above you may choose, in order to deal with your negativity, know that while it may take time and effort, you will feel increasingly better and happier.

Source URL: <https://explorable.com/e/remedying-negativity>

Links:

[1] <https://explorable.com/users/filipiteovanovic>, [2] <https://explorable.com/users/Liya%20Panayotova>, [3] <https://explorable.com/e/remedying-negativity>